

Evidence-Based Child and Adolescent Psychosocial Interventions

This tool has been developed to guide teams (inclusive of youth, family, educators and mental health practitioners) in developing appropriate plans using psychosocial interventions. Teams should use this information to prioritize promising options. For specific details about these interventions and their applications (e.g., age setting, gender) see the most recent Evidence Based Services Committee Biennial Report (<http://www.state.hi.us/doh/camhd/index.html>).

Problem Area	Level 1- BEST SUPPORT	Level 2- GOOD SUPPORT	Level 3- MODERATE SUPPORT	Level 4- MINIMAL SUPPORT	Level 5- KNOWN RISKS
Anxious or Avoidant Behaviors	Cognitive Behavior Therapy (CBT); Exposure; Modeling	CBT with Parents; Group Cognitive Behavior Therapy; CBT for Child and Parent; Educational Support	None	Eye Movement Desensitization and Reprocessing (EMDR), Play Therapy, Individual (Supportive) Therapy; Group (Supportive) Therapy	None
Attention and Hyperactivity Behaviors	Behavior Therapy	None	None	Biofeedback; Play Therapy, Individual or Group (Supportive) Therapy, Social Skills Training; "Parents are Teacher," Parent Effectiveness Training, Self-Control Training	None
Autistic Spectrum Disorders	None	None	Applied Behavior Analysis; Functional Communication Training; Caregiver Psychoeducation Program	Auditory Integration Training; Play Therapy, Individual or Group (Supportive) Therapy	None
Bipolar Disorder	None	Interpersonal and social rhythm therapy*	Family psychoeducational interventions*	All other psychosocial therapies	None
Depressive or Withdrawn Behaviors	CBT	CBT with Parents; Interpersonal Therapy (Manualized IPT-A); Relaxation	None	Behavioral Problem Solving, Family Therapy, Self-Control Training, Self-Modeling, and Individual (Supportive) Therapy	None
Disruptive and Oppositional Behaviors	Parent and Teacher Training; Parent Child Interaction Therapy	Anger Coping Therapy; Assertiveness Training; Problem Solving Skills Training, Rational Emotive Therapy, AC-SIT, PATHS, and FAST Track Programs	Social Relations Training; Project Achieve	Client-Centered Therapy, Communication Skills, Goal Setting, Human Relations Therapy, Relationship Therapy, Relaxation, Stress Inoculation, Supportive Attention.	Group Therapy
Eating Disorders	CBT* (bulimia only)	Family Therapy (anorexia only)	None	Individual (Supportive) Therapy	Some Group Therapy
Juvenile Sex Offenders	None	None	Multisystemic Therapy***	Individual or Group (Supportive) Therapy	Group Therapy***
Delinquency and Willful Misconduct Behavior	None	Multisystemic Therapy	Multidimensional Treatment Foster Care, Wrap-Around Foster Care	Individual Therapy, Juvenile Justice System	Group Therapy
Schizophrenia	None	None	Behavioral Family Management*; Family-Based Intervention*; Personal Therapy*; Social Interventions*	Supportive Family Management*; Applied Family Management*	None
Substance Use	CBT**	Behavior Therapy; Purdue Brief Family Therapy	None	Individual or Group (Supportive) Therapy, Interactional Therapy, Family Drug Education, Conjoint Family Therapy, Strategic Structural Systems Engagement	Group Therapy

* Based on findings with adults only; ** Appropriate only if child is already in inpatient setting, otherwise consider level 2; *** if delinquency and willful misconduct are present.